

official taekwondo training manual pdf

Taekwondo (Korean *tækwondo* [tæˈkʷɔ̃n.do] ()), often mispronounced as /tæˈkʷɔ̃n.do/ (tæˈkʷɔ̃n.do), is a Korean martial art, characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast kicking techniques.. Taekwondo was developed during the 1940s and 1950s by Korean martial artists with experience in martial arts ...

Taekwondo - Wikipedia

This list of taekwondo grandmasters includes notable persons who have been recognized as grandmasters of the Korean martial art of taekwondo. There is no single, universally-recognised set of criteria to define a taekwondo grandmaster; different organizations and different styles have their own rules.

List of taekwondo grandmasters - Wikipedia

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